



Keep A Healthy Smile!

Your COVA Care plan and Delta Dental of Virginia have designed a program specifically with expectant mothers in mind: *Healthy Smile, Healthy You™*. When you enroll in COVA Care's *Future Moms* prenatal program, *Healthy Smile, Healthy You* helps keep you and your mouth healthier during your pregnancy. It provides an additional cleaning, or periodontal maintenance procedure if you have a history of periodontal surgery, during your pregnancy - regardless of the plan's normal frequency limits.



It's easy to enroll in *Future Moms*. Call 1-800-828-5891 or ask your Benefits Administrator for more information. Then talk to your dentist about scheduling an appointment. Think about how much bigger your smile will be at the birth of your healthy baby!

 DELTA DENTAL®

*Healthy Smile
Healthy You*

Anthem 

Future Moms

Commonwealth of Virginia